

CHAPTER 3:

CLUBHOUSES

What is a Clubhouse?

A Clubhouse is a community intentionally organized to support individuals living with the effects of mental illness. Through participation, members are given the opportunities to participate in friendships, family, work, employment, education, and community services. A Clubhouse is a restorative environment for people who have had their lives drastically disrupted, and need the support of others who believe that recovery from mental illness is possible.

The name of “Clubhouse” was taken from the work and vision of the first Clubhouse, Fountain House in New York City, started in 1948. As the first community of its kind, Fountain House has served as the model for all subsequent Clubhouses. Fountain House began when former patients of a New York psychiatric hospital began to meet informally, as a kind of “club”. It was organized to be a support system for people living with mental illness, rather than a service or a treatment program. Communities around the world have embraced the term “Clubhouse”. It clearly communicates the message of membership and belonging.

For a listing of clubhouses in Pennsylvania, go to <http://www.paclubhouse.org/>

*Above source: <http://www.iccd.org/article.asp?articleID=3>

Cornerstone Clubhouse program of Holcomb Behavioral Health Systems Clubhouse

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Mission Statement

To enable its membership to develop life, job and social skills by sharing responsibility and showing respect, in order to boost the self-esteem of its members in an effort to create unity for the betterment of everyone.

History

The Cornerstone Clubhouse program of Holcomb Behavioral Health Systems was created in 1996 under the support of Community Services for Human Growth's Social Rehabilitation Program. This agency was taken over in 1997 by Community Services of Devereux, who later returned the contract to the local county office. Holcomb Behavioral Health Systems was awarded the contract and took over operation August 5, 2002. The program was developed after the Fountain House model clubhouse and receives support from Chester County's Department of MH/MR. The Fountain House model was developed in 1947 in Manhattan and has grown to be an internationally acclaimed design in the field of psychiatric rehabilitation.

The model is based on the philosophy that recovery from mental illness:

1. Must involve the whole person, beginning from where they are at the moment, and
2. Be housed in a community that provides them with opportunity, hope and respect.

In November of 2000, Cornerstone received a three-year certification from the International Center for Clubhouse Development. Cornerstone believes that people with severe and persistent mental illness have the ability and desire to become productive members in society and are capable of substantial gainful employment.

Features of the Work Ordered Day

Members may choose to which unit they would like to belong. The Clubhouse operates a Kitchen and Dining Room (KDR), Clerical, Employment and Education unit. Members are able to regain confidence and develop new skills by participation in the unit of their choice. Clubhouse focuses on members' abilities instead of their disabilities. Members and staff work together to accomplish the work of the clubhouse through sharing and decision-making during daily house meetings and unit meetings. Through this union, members are able to improve their skills, increase their confidence and self-worth, and participate in a community that supports the growth and potential of every member.

Stepping Stones Clubhouse
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The Stepping Stones' primary mission is to help people with mental illness integrate back into the community by building vocational skills and confidence during the work -ordered day, assisting with goal setting and empowering members to take responsibility for the operation of the program.

Members choose to participate in one of the following units/services:

- **Clerical Unit:** Teaches typing, reception skills, computer literacy, and other clerical/ administrative responsibilities.
- **Kitchen Unit:** Includes menu planning, meal preparation, shopping, nutrition, cashier skills and more.
- **Maintenance Unit:** Daily custodial duties and light maintenance of the clubhouse as well as seasonal gardening, landscaping and grounds care.
- **Educational Services:** Tutoring in basic math and reading skills, budgeting, health, interpersonal skills, problem solving and mental health education. Assistance with continuing education, study skills, and development of job placement skills.
- **Transitional Employment:** Locates and develops temporary (6-9 months), entry level positions in the community for members to experience part-time employment to regain and develop skills and confidence.
- **Employment Services:** Includes the assessment of interests and obstacles in the search for employment, skill teaching, resume writing, interview skills, and work incentives.

Eligibility Requirements:

- Individuals age 18+ who have been diagnosed with a major mental illness.
- Availability and willingness to participate in a work-day program.
- Willingness to develop rehabilitation goals to foster recovery.
- Individuals who are currently free from alcohol and drug abuse.
- Individuals who are not a danger to themselves or Clubhouse safety.
- Individuals who are able to be sociable, cooperative and compatible with others in a work-day setting.

The Stepping Stones' Goal.....

...To facilitate recovery through pre-vocational experiences in a work-day environment.

A Program of Human Services, Incorporated

Welcome House - An ICCD Certified Clubhouse

Welcome House

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Welcome House...Who we are

Welcome house is modeled after Fountain House in New York City, and was established as a Clubhouse in 1994. They are a vital community offering mutual respect, hope, and unlimited opportunity to the worlds of work, housing, education and friendship to persons recovering from mental illness.

Welcome house is an International Center for Clubhouse Development (ICCD) certified clubhouse, which helps people with mental illness take part in the social activity of work, family and friends. The Clubhouse guarantees all members the following rights:

- A Guaranteed Right to a place to come
- A Guaranteed Right to meaningful work
- A Guaranteed Right to meaningful relationships
- A Guaranteed Right to a place to return

Members of the Clubhouse work in all aspects of the club from running the canteen, to producing a newsletter, to working in the administrative unit. The work provides opportunities for challenge, growth, and building of self esteem. Together, members and staff develop and implement policies that govern the Clubhouse Community.

The Clubhouse model is based on voluntary participation. Welcome House focuses on members' abilities - not disabilities and fosters initiative, cooperation and personal growth.

Work Units - Members choose to participate in the following units:

▪ *Member Services Unit*

Member Services Unit interviews prospective members and gives tours of Welcome House. Members help new members learn about the Clubhouse and begin to feel comfortable. Unit members manage the Coat Check Room and Thrift Shop. In addition, members make presentations to outside groups expressing an interest in learning more about Welcome House.

▪ *Administrative Unit*

The Administrative Unit contributes to Welcome House in many ways. Staff and members work together to accomplish a wide variety of tasks. Some of the activities that are available are billing, compiling clubhouse projects, creating policies and procedures for the clubhouse, and contributing to the day-to-day operation of the clubhouse.

▪ *Maintenance Unit*

Members of the Maintenance Unit are responsible for keeping Welcome House clean and attractive. In addition to cleaning common areas of the club, members are responsible for anything to do with the physical plant and grounds. This may involve minor repairs, painting, moving furniture, taking care of plants or outside grounds work.

▪ **Employment Unit**

Members of the Employment Unit manage an array of responsibilities in organizing and tracking Transitional Employment Placements (TEP's). Members oversee job development by reviewing classified ads and discussing opportunities with unit staff. Members maintain job development logs, employer files and also track attendance for other members working in TEP's.

▪ **Information and Education Unit**

Together with Staff, members of the information and Educational Services Unit oversee many clerical and educational responsibilities for Welcome House. Members provide receptionist services, keep attendance records, and conduct educational classes. Members can become proficient on the switchboard, fax machines, typewriters, copiers and personal computers. Members can improve academic skills in the education division of this unit which produces the Daily News Flash and the Welcome House newsletter, "Echoes of Welcome".

▪ **Food Service Unit**

Members of the Food Service Unit are responsible for all aspects of managing the daily operation of the Checkerboard Canteen, the dining facility at Welcome House. The Canteen provides breakfast, lunch, snacks and assorted hot and cold beverages throughout the day at reasonable prices. Members prepare and serve daily meals, run the dish machine and clean the canteen, as well as plan and prepare refreshments for parties, holidays, celebrations and special meetings. The canteen also is the host for the Transitional Employment dinners that are held twice monthly. Menu planning, shopping and cashiering are all part of the daily routine.

▪ **New Units**

Additional Work units grow out of the varied skills and interests of members. For example, members may decide to plant a garden, publish a literary magazine or produce a film.

Welcome House...Job Opportunities

Welcome House provides community businesses with trained workers, through our Transitional Employment Placements, known as TEP's.

- TEP's are entry level work and members are paid the prevailing wage.
- TEP's are part time placements, 15-20 hours a week, and provide members of the clubhouse with an opportunity to gain work experience in the community.
- TEP's last 6-9 months. At that time, another member fills the position for the employer.
- Placement managers from the clubhouse become knowledgeable of all aspects of the job and provide training for the job to the member.
- Placement managers fill in for the member if they are sick and need to be absent, guaranteeing the employer will always have someone there to do the job.
- Placement managers provide support to the member; visit the member at the job site twice a month; and can provide the employer with expeditious problem solving should it become necessary.

Welcome House...Where?

Welcome House is located 1/2 mile west of the 69th street terminal in Upper Darby, making it very convenient to public transportation. Welcome House is a very large building and it is handicapped accessible. For further information or to arrange a tour, please contact the Member Services Unit.

Welcome House is a member of The International Center for Clubhouse Development, The PA Clubhouse Coalition, and A Program of Elwyn, Inc.